



Anchorage School District

Orion Elementary School

5112 Arctic Warrior Drive JBER AK 99506 P:907-742-0250 F:9077420265

September 15, 2020

Dear Parent/Guardian,

This letter is to inform you of our Resiliency Group at Orion Elementary School. Your child has the opportunity to participate in a small group with his/her peers in grades 4th – 6th. The group will focus on developing and improving their resiliency skills with the following lessons: Believing in One-Self, self-management, self-regulation/controlling emotions, social awareness, mindfulness activities, time management, and goal setting. It is our hope, through this group your child will learn positive resiliency strategies, which they may use throughout their school years and beyond.

The group is scheduled to meet in Zoom sessions every week:

Boy's Life Enrichment Club: Grades 4th - 6th - Monday's 3:30 - 4:15 for 8-weeks, beginning soon!

Zoom Link: <https://asdk12.zoom.us/j/97260918838?pwd=U3Vla2x3RUJGOWsvVDRqL3Y0NlplWUT09>

Meeting ID: 972 6091 8838

Passcode: Boy's Rock

Girl's Power Club: Grades 4th - 6th - Wednesday's 3:30 - 4:15 for 8-weeks, beginning soon!

Zoom Link: <https://asdk12.zoom.us/j/91995753227?pwd=SjNQOS9Kl3dra0xcTRjSjd2Zm9HQOT09>

Meeting ID: 919 9575 3227

Passcode: Girl Power

Please understand that participation in the group is completely voluntary and student confidentiality is addressed and respected. If you have any questions or would like more information about the group, please contact Mrs. Kim Bise, Orion E.S. School Counselor at (907) 742-0250. Please complete, sign and date the bottom of this form and return it to me at Bise_kim@asdk12.org by Friday, September 18, 2020.

Sincerely,

Kim Bise, M.Ed.
School Counselor

Approved by: 
Brenda Cheathon, Principal

I, _____ give my permission to have my child _____
(Name of Parent/Print) (Name of Child/Teacher/Print)
to participate in the Resiliency Group via Zoom for the 2020 school year.

Parent Signature

Date

Educating All Students for Success in Life

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